

Good News TULLAHOMA

JULY 2022

INDEPENDENT



BEVERLY LEE

*a retired colonel
of the U.S. Air Force*



LIGHTS, CAMERA, REMODEL

*Coffee County Central
High School's auditorium
receives a facelift.*

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24th Annual Bedford County Fair July 18th - 23rd, 2022

Saturday, July 9th

Bedford County Fairest of the Fair

2:00 PM	Precious Miss Bedford County Fair	Girls 0-11 months
2:30 PM	Baby Miss Bedford County Fair	Girls 12-23 months
3:00 PM	Toddler Miss Bedford County Fair	Girls 2-3 years
3:30 PM	Tiny Miss Bedford County Fair	Girls 4-5 years
4:00 PM	Petite Miss Bedford County Fair	Girls 6-7 years
4:30 PM	Little Miss Bedford County Fair	Girls 8-10 years
5:00 PM	Junior Miss Bedford County Fair	Girls 11-12 years
5:30 PM	Ms./Mrs. Bedford Supreme	21-49 years, single or married
6:00 PM	Golden Girl <i>in memory of Joan Pimental</i>	50+, single or married
6:30 PM	Young Miss Bedford County Fair	Girls 13-15 years
7:00 PM	Miss Bedford County Fairest of the Fair	Girls 16-20 years

***All pageants held at Shelbyville Central High School Auditorium**

Sunday, July 17th

1:00 PM - 5:00 PM	Receiving Home Ec/Ag exhibits
1:00 PM	Receiving Green Thumb Challenge entries
2:00 PM	Judging Green Thumb Challenge entries
1:00 PM - 4:00 PM	Receiving Hat Contest entries

Monday, July 18th

9:00 AM - 12:00 PM	Home Ec/Ag Exhibit Judging
5:00 PM	Open Dairy Heifer Show
6:00 PM	Opening Ceremony
6:00 PM	Green Thumb Challenge awards
6:00 PM - 9:00 PM.	Home Ec/Ag Exhibits open to the public
6:00 PM	4-H Chick Chain
7:30 PM	Youth Competition Night
7:30 PM	Entertainment - Billy & Mary Tarkington <i>Sponsored by Randy Sadler Shelbyville Record Shop</i>

Tuesday, July 19th

4:00 PM - 9:00 PM	Home Ec/Ag Exhibits open to the public
4:00 PM - 9:00 PM	Cruise-In
6:00 PM	Open Beef Show
7:00 PM	Boots, Beaus, and Bling Pageant
7:30 PM	Decorate a Hat Contest (building #2)

Wednesday, July 20th

10:00 AM	Senior Citizens Day
10:00 AM	Youth Day @ Ag Extension Center
10:00 AM - 6:00 PM	Rooster Crowing contest registration
10:00 AM - 6:00 PM	Receiving Poultry and Rabbit entries
10:00 AM - 6:00 PM	Receiving Open & Junior Egg entries
10:00 AM - 6:00 PM	Receiving Ugly Chicken entries
4:00 PM - 9:00 PM	Home Ec/Ag Exhibits open to the public
7:00 PM.	Fun Dog Show registration
7:00 PM	Cornhole Tournament
7:00 PM	Faith/Patriotic Night
7:30 PM	Gospel - <i>Madison St. Worship - Gateway Church</i>
7:30 PM	Fun Dog Show

Bedford County Agriculture and Education Center
2119 Midland Rd., Shelbyville, TN 37160
Fair office: (931) 684-0760

Thursday, July 21st

10:00 AM - 2:00 PM	Special Needs Day
4:00 PM - 9:00 PM	Home Ec/Ag Exhibits open to the public
6:00 PM	Smoker Truck & Tractor Pull registration
6:00 PM	Human Crowing Contest registration
6:30 PM	Rooster Crowing Contest/Human Crowing Contest
7:00 PM	Smoker Truck & Tractor Pull
	<i>There will be a 50/50 Drawing (Board Members & their immediate family not eligible to win)</i>
7:00 PM	Mid-State Cloggers - Entertainment
7:30 PM	Jr. Mule Skinner - Marty Gordon
8:00 PM	Karaoke - Entertainment

Friday, July 22nd

4:00 PM - 9:00 PM	Home Ec/Ag exhibits open to the public
6:00 PM	Mini Pull registration
6:00 PM	Open Sheep Show
7:00 PM	Double Shot - Entertainment
7:00 PM	Mini Pull
7:00 PM	All Pleasure Horse Show
8:00 PM	Justin Williams - Entertainment

Saturday, July 23rd

9:30 AM	Miniature Donkey Show
1:00 PM - 9:00 PM	Home Ec/Ag Exhibits open to the public
1:00 PM	Antique Tractor Pull
3:00 PM	Central Region 4-H Meat Goat Show
6:30 PM	Poultry & Rabbit Show awards (poultry barn)
7:00 PM	Jaysen Gold - Entertainment
7:00 PM	Mule Show
8:30 PM	Phil Valdez & Band - Entertainment <i>(George Jones Tribute & Rocking Chair Give-A-Way)</i>

Sunday, July 24th

1:00 PM - 3:00 PM	Home Ec/Ag Exhibits Pickup
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6:00 PM	Tuesday - Friday
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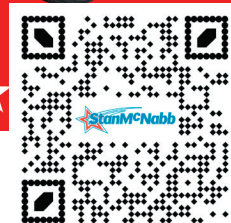
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LETTER FROM THE EDITOR

The Sound of Trumpets

Independence for a more perfect union.

IF YOU took a snapshot of any 10 years in our country's history, there is a hurt we were trying to heal. The same is true today. It's our independence that lets us correct that, to heal, and to build our country up for a more perfect union. We can all be made by the same Creator and still land somewhere else on what we believe. We can be different. That is the beauty of independence. This land is your land; this land is my land. Sometimes, people just want to feel heard. And finding a common ground through compromise can be the answer. Learning to listen is the answer.

We can be better because of the people in our communities. Those who allow us to be independent provide an open field. We can run for miles into the unknown, and while it's scary, we know we are capable of whatever waits on the other side. We can run with the wind to our backs, hitting the ground to the beat of drums and trumpets that empower us. The same trumpets that rang as we fought a civil war to end slavery. The same drums that banged as we flew to Europe to end the second world war. The same trumpets that helped us stand in September of 2001.

While perfection is almost impossible to attain, it's our duty to fight for it every day. To get closer to the threshold of freedom and equality for everyone. Independence is a blessing that paints a beautiful picture of blues and reds, that when you pull away, makes a purple you can only find between the Pacific and Atlantic oceans.

This issue of Good News highlights those in our community that make us better. It's their independence, and fight to obtain it, that make us who we are.



Wesley Bryant
Wesley Bryant,
MANAGING EDITOR

From our readers



Do you have family and friends in Tullahoma who would enjoy Good News?

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Thank you for reading Good News!

"We've already gotten several calls from being in the magazine. People called to make an appointment saying 'We don't know anyone who uses you but we saw your ad in the magazine.'"

— *Lori Burtt, Adult and Pediatric Dermatology Skin Solutions, Tullahoma*

Share your thoughts on Facebook or our website. It could be featured in the next issue!

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Good News^{TULLAHOMA}

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INSIDE GOOD NEWS

Meet the Team

We asked three Good News team members:
“How has working on the Good News team changed you?”



BRIANNA BRUBAKER

Layout Artist

“When you work on a magazine with a mission to spread love, joy, and positive news, it’s really hard not to apply those same principles to your personal life. This wonderful opportunity has brought me so much hope as I watch the community come together to celebrate their local heroes.”



TINA NEELEY

Story Writer

“Working with the Good News team fuels my passion for stories that encourage, uplift, and remind us we’re not alone in our life experiences. It has also teamed me with other creative spirits that energize my work and motivate me to grow and learn and impact our communities.”



MICHELLE HARWELL

Proofreader

“With no experience and very little confidence in myself, I joined the Good News team with a lot of apprehension. I had definitely stepped out of my comfort zone. As someone who always second guesses herself, I was doubtful about my decision and had some concerns. What do I have to offer? Will I “fit in?” Will I be an asset to the team? Do I have what it takes to “learn the ropes” of this new position? There were so many questions that would eventually be answered. Everyone on the team was so positive and inspiring. They welcomed me and assured me that I would do a great job. I’ve learned so much from each of them, and their continuous encouragement has helped bring me “out of my shell.” As a proofreader working alongside the managing editor, I gained a lot of knowledge very quickly. But that’s not the only thing I gained. I gained more confidence in myself, and I also gained the opportunity to be a small part of an amazing team, working together, doing big things and bringing Good News to our communities!”

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STEP INSIDE TO A SIMPLER TIME...

BREAKFAST

Queen City Platter - \$9.50

Two fresh eggs cooked to order with toast and your choice of Applewood smoke bacon, Tennessee Pride sausage or grilled ham.

T-Town Special - \$ 10.50

Made from scratch Buttermilk pancakes served with 2 fresh eggs cooked to order with your choice of Applewood smoked bacon, Tennessee Pride sausage or grilled ham.

Big Springs Breakfast Sandwiches

We start with two grilled pieces of bread, Swiss and American cheese along with your choice below.

Egg and Cheese - \$ 6.50 • Egg, Meat and Cheese - \$9.50

Breakfast meat choices: Tennessee Pride Sausage, Applewood Smoked Bacon or Ham

SIDE DISHES

Side of Applewood Smoked Bacon (3) - \$4.00

Side of Tennessee Pride Sausage - \$4.00

Made from scratch Buttermilk Pancakes (3) \$6.50

Fruit Cup - \$5.00

Toast (choice of white or wheat bread) - \$3.00

Basket of Chips - \$3.00

COLD SANDWICHES

All sandwiches are served with kettle chips and pickle spear on your choice of white or wheat bread.

Aunt ME's Chicken Salad - \$10.50

In-house made creamy, white meat chicken salad with chopped celery, onions, pecans, Granny Smith apples and sliced grapes, blended with Hellmann's mayonnaise, served with leaf lettuce and sliced tomato.

Granddaddy's Pimento Cheese - \$ 9.00

A generous serving of our family recipe of shredded cheeses, Hellmann's mayonnaise and diced pimentos. For a true Granddaddy experience, try it grilled or with bacon for an additional \$1.50.

Robert's Classic Club Sandwich - \$13.00

The Classic Club on toasted bread with in-house cut honey ham and turkey, crisp bacon, and American cheese dressed with Hellmann's mayonnaise, leaf lettuce and sliced tomato.

Gigi's BLT - \$11.00

Freshly cooked bacon and American Cheese dressed with leaf lettuce, sliced tomato and Hellmann's mayonnaise served on your choice of toasted bread.

1/2 Sandwich and Soup Combination - \$9.00

Any of our cold sandwich options or grilled cheese served with your choice of a cup of our homemade soups.

HOT SANDWICHES

All sandwiches are served with kettle chips and pickle spear on your choice of white or wheat bread.

Our Famous Pot Roast Dip - \$13.00

Shredded chuck roast slow cooked with pepperoncinis, seasoning and garlic topped with melted Swiss on a toasted sandwich roll served with a side of au jus.

Trent's Turkey Bacon Ranch - \$12.00

Deli-sliced turkey and bacon with double cheese grilled with the zest of ranch dressing.

Madison's Grilled Cheese - \$9.00

When nothing else will do, a combination of Swiss, American and cheddar cheeses grilled on your choice of bread with a hint of Hellmann's mayonnaise

Add Applewood smoked bacon, ham or avocado to any sandwich - \$3.00

SOUPS & SALADS

Uncle Ray's Cream of Tomato Soup - Cup: \$4.00/\$5.50

The classic comfort food favorite, rich and creamy, wonderful with a grilled cheese!

Paige's Award Winning White Chicken Chili - Cup: \$4.00/\$5.50

Extra rich and creamy made with white meat chicken, Navy beans, cumin and spices, sour cream and Monterrey Jack cheese.

J.C.'s Cheesy Potato Soup - Cup: \$4.00/\$5.50

Creamy and smooth, potato based and extra cheesy with hints of bacon, carrot and onion, topped with shredded cheddar cheese, bacon bits, and chives.

French Onion Soup - \$5.50

Hearty and flavorful beef broth with grilled onions poured over a large toasted crouton, topped with melted Swiss cheese.

Nanny Graham's Chicken Salad Plate - \$11.00

A scoop of our in-house made chicken salad made with all white meat chicken salad, celery, onion, Granny Smith apples, grapes and pecans, blended with Hellmann's mayonnaise, served on a bed of lettuce with seasonal fresh fruit.

Caroline's Blackened Chicken Caesar - \$10.00

Grilled Blackened Chicken on a bed of spring mix tossed with in-house made Caesar dressing and fresh croutons.

Mary Grace's Strawberry Poppysseed Salad - \$9.00

Spring mix topped with candied almonds, and sliced strawberries. Served with in-house made creamy poppyseed dressing. Top any salad with grilled chicken - \$2.00

KIDS

Pancake Plate - \$5.50

One large Buttermilk pancake served with choice of Applewood smoked bacon or Tennessee Pride sausage.

Egg Plate - \$5.50

One egg cooked to order with choice of Applewood smoked bacon or Tennessee Pride sausage.

Clay's PB & Jelly or PB & Banana - \$6.50

A classic combination of smooth peanut butter and strawberry preserves. The beloved Depression era favorite of smooth peanut butter and freshly sliced banana on white bread. Try it Elvis' way -- grilled!

BEVERAGES

Bottomless Fountain Beverages - \$3.00

Sundrop, RC Cola, Sunkist, 7up, Sweet and Unsweet Tea, Orange Juice, Chocolate Milk

Fresh Brewed Coffee - \$2.00

Orange Juice - \$3.50

Chocolate Milk - \$3.00

SINGLE SERVE BEVERAGES

Served Ice Cold in Longneck Bottles - \$3.00

Sundrop, Stewart's Root Beer, Stewart's Orange Cream Soda, and RC Cola

Sundrop in Ice Cold Cans - \$1.50

Diet, Cherry, Diet Cherry, Diet Caffeine Free

Evian Bottled Water - \$1.50

SODA FOUNTAIN FAVORITES AND SWEET TREATS

Classic ice cream treats and a few fun new twists sure to please the sweetest of sweet tooth! All of our gelato is prepared locally by Legacy Creamery.

Sundrop Float - \$5.50

Our signature menu item! Fountain Sundrop served over our exclusive Sundrop Gelato, topped with fresh whipped cream and garnished with a gummy candy lemon slice.

Cherry Sundrop Float - \$5.50

Cherry Sundrop served over our exclusively made Cherry Sundrop Gelato, with chopped cherries topped with fresh whipped cream and a maraschino cherry.

RC Cola Float - \$5.50

Fountain Royal Crown Colas served over vanilla ice cream topped with fresh whipped cream and garnished with a mini chocolate Moon Pie.

Stewart's Root Beer Float - \$5.50

Stewart's Root Beer served over vanilla ice cream topped with fresh whipped cream.

Sunkist Orange Soda Float - \$5.50

Fountain Sunkist Orange soda served over our exclusively made Sunkist Gelato topped with fresh whipped cream and a gummy candy orange slice.

Milkshakes and Malts - \$5.50

All of our milkshakes and malts are made to order by hand. Your choice of chocolate, vanilla, or strawberry blended with whole milk and topped with fresh whipped cream and a maraschino cherry.

Ice Cream Sundaes - \$6.50

Your choice of 2 scoops of chocolate, vanilla, or strawberry ice cream, covered in your choice of chocolate syrup, caramel syrup, strawberry or pineapple puree, topped with fresh whipped cream and a maraschino cherry.

Single Scoop Gelato - \$3.50 (Each topping: .50€)

Single Scoop Ice Cream - \$3.00 (Each topping: .50€)

Classic Banana Split - \$8.00

One scoop each of chocolate, vanilla, and strawberry ice cream, topped with chocolate sauce, strawberry and pineapple purees, nestled in a fresh banana topped with whipped cream, diced peanuts and a maraschino cherry.

Miss Daisy's Blondie Sundae - \$8.00

Daisy King's beloved Blonde Brownie recipe, a tollhouse base with chocolate chips and pecans served with vanilla ice cream and smothered in caramel sauce.

Sundrop Cake - \$5.50

Our signature dessert, a moist and lemony delicious Bundt style sponge cake covered in a Sundrop glaze, or order it Tullahoma style with George Dickel Whisky glaze!

Miss Barbara's Orange Cream Cake - \$5.50

Once only a birthday favorite, now available every day! This bundt style cake is rich and full of citrusy goodness, drizzled with an orange glaze.



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12



GOOD NEWS

There is enough bad news out there. Good News is hearing about your neighbor's successes. It's listening to your five-year-old niece tell a story that seems to go on forever; she stumbles over her words, but it's worth listening to. Good News is everywhere. It's in our community; it's in our homes; it's in our future.

GOOD NEWS STAYS ALIVE AS LONG AS WE SHARE IT.

PHOTO BY BROOKE SNYDER





CITY NEWS

A Job Well Done

Compassus volunteers are recognized for National Volunteer Week.

By Kali Bates // Photo contributed by Compassus

NATIONAL VOLUNTEER Week was recently observed April 17-23. To further mark the importance of the week, President Joe Biden declared it National Volunteer Week in a presidential proclamation to remind the nation that America is a country built on service and to call on individuals to do their part to improve the lives of others.

Established in 1974, the week has grown each year with thousands of volunteer projects and special events scheduled throughout the week.



*“It’s incredible
to see the work
they do.”*

- Julia Logan-Mayse

Organizations that celebrated locally, included Compassus. The organization celebrated with a luncheon for its volunteers that are vital to its operation.

For the past 26 years, the hospice and palliative care organization has been providing families with the necessary assistance for patients in need of hospice or palliative care in six counties which includes Bedford, Cannon, Coffee, Franklin, Grundy, and Moore counties.

For volunteer coordinator Julia Logan-Mayse, she applauds the efforts and dedication of her volunteers.

“It’s incredible to see the work they do,” she said. “It’s moving and emotional sometimes because they come to us and ask to be volunteers. You really got to want to do hospice work to do that. There are lots of volunteer opportunities out there. Sometimes our volunteers come to us from being served by us. They may have had a loved one or family member on our service, or have been a part of a hospice experience with a family member or someone they know. And they realize that they want to give back in this way. It’s a beautiful thing to witness, and I feel privileged to see what I see.”

ABOUT COMPASSUS

Compassus saw its beginnings 26 years ago with Mary Wise and her husband, Dr. Robert Wise. The couple had moved to Tullahoma and realized a need for hospice services in the area.

With Mary at the helm and with the support of community leaders, she presented her case to the state for a certificate of need, in order to offer the hospice services in Tullahoma and the surrounding areas. The organization was named the Hospice of the Highland Rim.

In 2005, Mary made the decision to sell the organization to Community Hospice of America, thus changing the organization’s name from Hospice of the Highland Rim to Compassus.

According to Logan-Mayes, today the organization serves 12 counties total.

“We service 12 counties total. We service six counties out of Tullahoma, and we have six counties out of [the] Columbia and Lawrenceburg offices,” she said.

Logan-Mayes also added that the past two years have been a challenge for the organization with the emergence of Covid, but it also has seen the organization’s volunteer efforts strengthen.

“Medicare requires that all offices have a volunteer program and a bereavement program,” she explained. “Not only do they require that, but they say you must meet [the] 5% goal of your clinical hours, so that

“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain loving one another.”

-Erma Bombeck

is a pretty active volunteer team. Of course, the last two years have been unprecedented unlike any timeframe that we have gone through. My focus during that time was to maintain connections with my volunteers. Now we are slowly getting back into facilities and visiting our patients there. Volunteers are also getting assignments out in the homes for patient caregiver relief. This enables caregivers a chance to get out and do normal errands like going to the grocery or to the doctors. They don’t provide any hands-on care, but I tell them all the time that they are the heart of hospice.”

The organization also provides a more hands-on volunteer approach with their 11th-hour volunteers.

“Those are volunteers who decided they want to do a little more, and they sit with a dying patient,” explained Logan-Mayes. “This requires more training and digging in a little deeper as to what to expect during those last hours of life.

There might be limited circumstances where that caregiver just needs a break and to take a good nap or take some time away. So the 11th-hour volunteer would know that this person is dying, and they would be bedside so they would not die alone.”

FOR THE FUTURE

Logan-Mayes, who has been with the organization since 2006, said she strives to get the word out about the importance of the program.

“The thing that we hear most is that they don’t realize what we do, or they don’t realize all of what hospice does,” she said. “I speak with a lot of civic organizations and church groups to help educate about what we offer. I think once we start talking about it, it kind of takes the fear out of it. We are also available to just give information to caregivers. Things that they might have thought of or where to get started in their caregiving journey.” **GN**



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COUNTY NEWS

A Silver Celebration of Hard Work

Cat Murray celebrates 25 years of printing and serving the community.

By Kali Bates
Photography by Brook Snyder

HUMBLE BEGINNINGS in designing a flier for a friend's business have led to a quarter century of business for Catherine Murray. Known affectionately by the community as "Cat," she is the sole owner of McMurr's, a print and copy shop that provides almost anything one can think of when it comes to business cards, copies, posters, wedding invitations, and the list goes on.

Murray recently celebrated 25 years in business with a ribbon-cutting held by both Tullahoma and Franklin County Chambers of Commerce.

Her journey in the printing business goes back to 1997 when she was living in California, working and doing part-time work as a disc jockey.

"A friend of mine wanted me to make a flier," said Murray. "He was my hairdresser. He then told someone, and they told someone, and so on and so on. I had a little inkjet printer at the time, so I printed on that."

Murray said she looks back at her beginnings with fondness, as she wasn't even interested in owning a computer.

"The funny thing is that I started working at NASA in 1995 when I lived in California, and I didn't even own a computer," she explained. "I didn't want to use a computer. I saw people doing work on Excel and thought

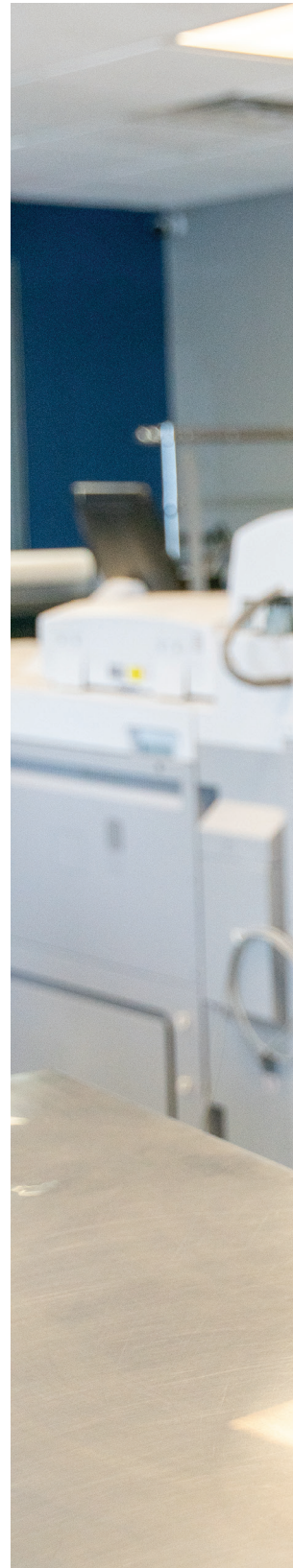


it looked boring. I was an intern, and they assigned me to work with a guy who used Photoshop. I thought it was pretty amazing and got really interested in that. I was given the software before I even had a computer. I finally got a computer around '97. And I just taught myself. Lots of trial and error and lots of reading."

Murray moved to Tullahoma in 2000. "After moving to Tullahoma, I wasn't really going to work but continued DJing occasionally, providing wedding and graduation video productions and graphic design from home. Word got around, and I had to rent a space in town. I was also teaching senior citizens how to use their computer. So much for not really working. After the newspaper did an article on my video services, I was approached by Mrs. Liecety, the principal at Farrar, to do a video of the fifth graders. I think that was around 2001. I've been helping there ever since."

Murray has become a staple at the school, helping raise funds for the school and volunteering with students in any way she can. She just finished her 21st field day, providing music for the children to get their "groove on".

The printing side of things for Murray became more serious as the demand for her products rose.





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“Around 2002, I had been doing graphic design for my realtor,” she explained. “That eventually led to printing. After designing flyers and business cards, I had to outsource the printing of them, so I decided to open a printing business. And the rest is history.”

Today she has expanded her print offerings and provides a wide variety of options to her customers. She said she works hard each day to provide her customers with the best products and the best customer service.

“I always tell people I don’t feel like I am competing with anyone,” she said. “There could be 14 printers in this town, and it wouldn’t matter to me. As long as I and my team are doing what we are supposed to and to the best of our ability, then I am good.”

She is also continuing to DJ and stays booked, sometimes years in advance.

“I only do it once a month,” she said. “I stay pretty booked up. I was asked in 2021 to do a graduation in 2023. I’ve been doing this so long, I’m now DJing weddings of students that went to Farrar.”

She also hosts an annual music event, “HIStory told by Her,” where Murray performs songs from pop music icon, Michael Jackson. The event started out as a one-time fundraiser for Farrar and has now been taking place, sometimes bi-annually, for more than 10 years.

According to Murray, the inspiration for the show came from her deep-seated love for all things Michael Jackson and a desire to help people. This gives another avenue for her to help those in need in the community and an opportunity for people to come together and enjoy a fun, family show.

Over the years, the event has benefitted a wide range of nonprofit organizations and schools that include Jack T. Farrar Elementary School, Robert E. Lee Elementary School CDC, Horse Play Inc., the Literacy Council, Alzheimer’s Tennessee, and CASA Works Inc.

Murray said while it is hard to believe the time has flown by, she has enjoyed every minute of the past 25 years.

“I love it. I learn something every day. I love helping people,” she said. **GN**

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SCHOOL NEWS

School Lunch 101

The Tullahoma nutrition program is vital to student success.

By Kali Bates // Photos contributed by Angela Cardwell

FOR ALMOST a decade, Angela Cardwell has worked tirelessly to make sure the bellies of the Tullahoma City School (TCS) students are full and well-nourished. The director of nutrition for TCS and a Tullahoma native, Cardwell, along with her staff, takes the job of feeding students to heart.

“I am the largest restaurant in town,” she said. “I have seven locations that are cooking meals. We serve over 3,000 meals a day. Currently, we have the largest participation we’ve ever had because of the pandemic waivers. Everything has been free for two years, which has proven nationwide that school meals need to be free all the time.”

While COVID-19 made food more accessible for students and the community, Cardwell said that as things begin returning to normal it forces her department to end free breakfast and lunch for most of TCS. As of July, Cardwell and her staff will have

to go back to solely serving free, reduced, and paid lunches. However, free breakfast will still be available to Bel-Aire, East Lincoln, and Farrar Elementary Schools, and East Middle School. Cardwell is hopeful that schools across the country will find a way to not charge students for breakfast and lunch.

“That is something school nutrition professionals are fighting with the federal government for. We want to make that permanent,” she explained. “We don’t have it locked in, and they have mandated that we must go back to free, reduced, and paid [meals] next year. It has put us in a precarious situation because we have one way in June, and then we’ve got the old way in July. They are vastly different. And we are working on how we will communicate that effectively out in the community because people are going to be upset. They are used to getting bags of food that would cover them for a week, and they

would be able to store it and freeze it and use it as they need it. We've got to go back to driving to serve breakfast. We have to watch you eat it. You can't leave, go to your car, or go inside. We have to observe you. Then we have to come back and do it at lunch."

There is also the challenge of food shortages that are not only affecting grocery stores and restaurants but also school lunchrooms. Cardwell said that schools are way down on the list of priorities for manufacturers. There is also the issue of cost, she explained.

"We are also paying triple to quadruple more, for the same amount of food, than two years ago," she said. "When we are not getting more reimbursement for the meals we serve but we are paying three to four times more, that eats up our money. And all of our money goes back into our program."

Cardwell says the reimbursements they receive go to fund things like staff wages.

"Everything we get goes back into our program," she said. "To compensate our employees is something I strive for every single year. I strive for more raises because they work hard every day, and they care for these kids. We have a very low turnover rate, which I am very proud of that fact. I love our staff. We have a really rock-solid staff across the district, and they deserve to be compensated well."

Cardwell also makes it a priority to provide as much fresh product as possible.

"I also try to ensure the freshest product we can," she explained. "We do a lot of scratch cooking. We don't do a lot of pre-packaged foods. We still publish our menus through a site called Nutrislice. It gives pictures and nutritional content. Parents can plan with their kids. If there are food allergies, they can use those to help them educate the children to protect themselves."

While Cardwell and the food program face challenges, many great things are happening under her and her staff's watch. Things such as a food truck that was purchased during the height of the pandemic. The truck traveled to Tullahoma during the school's shutdown, delivering thousands of meals to students and the community.

"The Starvation Salvation Station ran the roads every day getting food to those who needed it," said Cardwell. "She ran from March to the start of school. Then we went out once a week, all of the last school year, to feed the community and all the school kids. We were able to feed over 400 kids a week outside of our school system. That was a huge blessing to get out and do that."

She added that while it was hot and the work was hard, she and her staff found the entire experience rewarding.

And this summer will be no different. The truck started going out to communities on Memorial Day, providing breakfast and lunch to students. Cardwell and her staff will also be available at several camps held in and around Tullahoma. **GN**



WAYS YOU CAN HELP

Cardwell said there are numerous ways to help students stay fed.

"Donations are always something we accept and are gracious for," she said. "We always welcome help for children who cannot have their meals paid for, and we also encourage parents and the community to keep up with what's going on. We will be doing weekly bags through June. Then we'll be back for two weeks in July and go out for breakfast and lunch. We also ask that people be understanding during the transition time over the summer. This is free food for your children, and we are just following the rules."

To learn more about the Tullahoma Nutrition program, visit online at tcsedu.net/departments/school-nutrition.



INDUSTRY NEWS

Raptor Rescue

Local nonprofit works to save birds of prey that are vital to the ecosystem.

By Kali Bates // Photos contributed by Lyle Russell and Kali Bates

FOR TULLAHOMA residents Lyle and Valerie Russell, rehabilitating raptors has become a labor of love. As long-time falconers, the two have opened the Middle Tennessee Raptor Center (MTRC).

According to the Russells, the center is a 501(c)3 nonprofit Tennessee corporation dedicated to the conservation and preservation of raptors, also known as birds of prey.

MTRC is licensed, permitted, and inspected by both the Tennessee Wildlife Resource Agency (TWRA) and the U.S. Fish and Wildlife Service. They are currently operating out of their private residence but are working towards expanding into a public facility where wildlife lovers of all ages can come and have their own experiences with these, what the couple has deemed, “amazing birds.”

Valerie said that the beginning of their rehabilitation of raptors began as default. “The TWRA was really wanting another permitted rehabber in our area, and I was already seeing a lot of sick and injured birds, so it was a little bit by default,” she said. “I think that because many people knew I was a full-time hospice nurse, they started bringing me their injured birds. And it just kind of went into that, from there. I have a passion for birds in general and a love of raptors, especially because it was a hobby I did with Ian [Valerie’s son] for so long. We love every single bird we get in.”

Valerie added that birds are brought in by local wildlife officials and members of the community. The couple will also go out and rescue when possible, if others are unable to safely catch the raptor in need. After being brought to their in-house facility, the birds are then treated and rehabilitated with the goal of being released back out into the wild.

“Our goal is always to rehabilitate and release,” she explained. “With birds that cannot be rehabilitated, we utilize them as education ambassadors. With TWRA’s assistance, we’ll find placement for ambassador birds with other educators who can use them too.”

Education, and educating others on the importance of raptors is something that the couple is passionate about. It is one of the main reasons behind creating the nonprofit.

“We go to schools, retirement homes, scouting groups, and have even had some personal parties,” she explained. “Teachers will reach out and tell us they are teaching about the ecosystem, and we’ll go in and do a presentation on how raptors are an important part of our ecosystem and how devastating it would be if they were taken out. We also ask if there is a particular area they want us to focus on. It’s all about educating everyone as much as possible.”

Valerie added that rehabilitating these types of birds has its challenges. The financial responsibility of rehabilitating raptors can be costly.

“It’s not like buying a bag of bird food, it’s expensive,” she said. “It also determines how many we can help. Currently we have 12 and that’s at capacity. When new rescues come in they are triaged downstairs. Then as they start to heal, they move to outdoor enclosures where they can be flighted again. We are always looking for the larger pet kennels that can be used for the birds to heal in.”

Donations to the nonprofit are always welcome.

While expensive and labor-intensive, the Russells love the chance to help these unique birds and know that their work is helping the ecosystem overall. **GN**



For more information on the Middle Tennessee Raptor Center, visit online at middletnraptorcenter.org.

SPORTS NEWS

Trusting the Process

The Tullahoma High School wrestling program enjoys a successful season with continued diligence.

By Kali Bates // Photos contributed by Zach Birdsong

THE TULLAHOMA High School (THS) girls and boys wrestling teams recently wrapped up successful seasons that included state appearances by both squads.

While winning is important for the two teams that are coached by husband and wife, Al and Jenna Morris, the process of getting to those wins is what matters most.

“What counts is the character that these athletes build, and they get that from wrestling. They have the courage to get out of their comfort zone and break the mold of stereotypes, and give wrestling a try,” said Jenna, the Lady Wildcats head coach. “I always preach to them and encourage them to have the courage to do what they are doing. Not many people are willing to put themselves out there, so I applaud them for that.”

Jenna added that it all starts with trusting the process and having a humble mindset.

“The biggest things they learn through the program are how to work hard and its process,” she explained. “The practices and the grind of it is really hard, daily. But they learn to enjoy that hard work. The nature of the sport is humility. It doesn’t matter how good you are, there will be someone, at some point, that is bigger and better than you. However, when you lose you have to get back up, brush it off and use it to make you better.”

She added that both programs teach diversity and resiliency, both of which are essential in finding success in the sport.

“We teach diversity,” said Jenna. “Our sport is very diverse. We have different backgrounds



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and skill sets. It doesn't matter what size you are or how athletic you are; you can come to this sport and be successful with hard work. Lastly, we always preach resilience because they have to be able to come back stronger and use that as motivation."

DIGGING DEEPER

Jenna said that this year's mantra for both teams has been "digging deeper."

"The ultimate mantra that we follow is 'trust the process,'" she explained. "Wrestling is not a sport they can just walk into and automatically be good. They have to trust and appreciate the process that will make them better. But this past year, I wanted to point out that we have always been at the top in the state for the past six years. We've been second, third, or fourth. Just so close. I've been preaching that while we have been so close to the top, we have to keep digging deeper and continue to work towards the top."

She added that the mantra seems to be working, not only with the wrestlers achieving more at competitions but also with growth for her team.

"The program has grown each year," said Jenna. "This year, there were 28 girls on the team that finished the season. We had just six finish the season in our first year. We consistently have one of the biggest, if not the biggest, teams in the state on the girl's side."

While wrestling can be a challenging sport, Jenna said it is rewarding to see it all come together for a player.

"It's awesome to see," she said. "We make a big deal of their success and encourage them to keep working at it."



WORKING AS TEAM

Success in wrestling isn't a singular term. It's something that Jenna says takes the work of everyone involved. She credits leadership from both teams for the continued success of the program.

"We are one big program," she said. "With us both being head coaches, we work together as often as possible. Our coaches for the boys are second to none. My husband is a state champion, and assistant coach Jeff Lester is a former state champion and a member of the National Wrestling Hall of Fame. We have coaches on the boy's side that have amazing skill sets. I rely on them a lot. I'm better at recruiting and getting kids to come out and doing logistical things with the teams. They are more skilled at the sport, so we all have strengths that come together for a successful program. We're better and stronger together."

Now, in their off-season, both teams will work throughout the summer to prepare for another successful season. **GN**

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GOOD LIVING

How we live is up to us. Living a good and happy life is hiding in the way leaves sway in the wind. It's hiding in the bright purple sunset every evening. It hides in the heartbeat of a rabbit racing across your front yard. When we appreciate every moment as a gift and everything around us as a once-in-a-lifetime experience, our lives change. It might even change the lives of those around us.

HERE'S TO A HAPPY LIFE.

PHOTO BY ASHLEIGH NEWNES



Highland Rim Scottish Society
Denise L. Smith





Lights, camera, *and* **REMODEL**

Coffee County Central High School's auditorium receives a much-needed facelift.

By Julia Eads // Photos by Brooke Snyder

MAYBE IT'S the pollen, but something about springtime creates an itch within us all to get busy. Whether it's a simple task like cleaning out a cluttered closet or a more elaborate one such as adding on a sunroom or a screened-in porch, the start of spring gets wheels churning for project boards and "honey-do" lists that last all summer long.

A particular project that will affect countless people within our community is taking place within the auditorium at Coffee County Central High School (CCCHS). The auditorium at CCCHS has been in dire need of updating for decades. CCCHS Principal Paul Parsley shared, "Our auditorium is utilized for theater productions, music productions,

large school meetings, and even community events from time to time. Over the years, the theater has become worn and dated." If you have ever visited the space for a band performance, choir concert, play, or any other event, you might have been mildly disappointed by the hospitable capacity of the space. The auditorium contained worn and tattered seats, spotty microphones, and ancient speakers that popped and hummed. Though there was an undeniable nostalgic charm that the old theater radiated, everything has an expiration date. Make way for a new start to be born!

Initially, the remodel plans consisted of tearing out and replacing the old seating and carpet flooring, then adding a fresh layer of paint. These updates were made

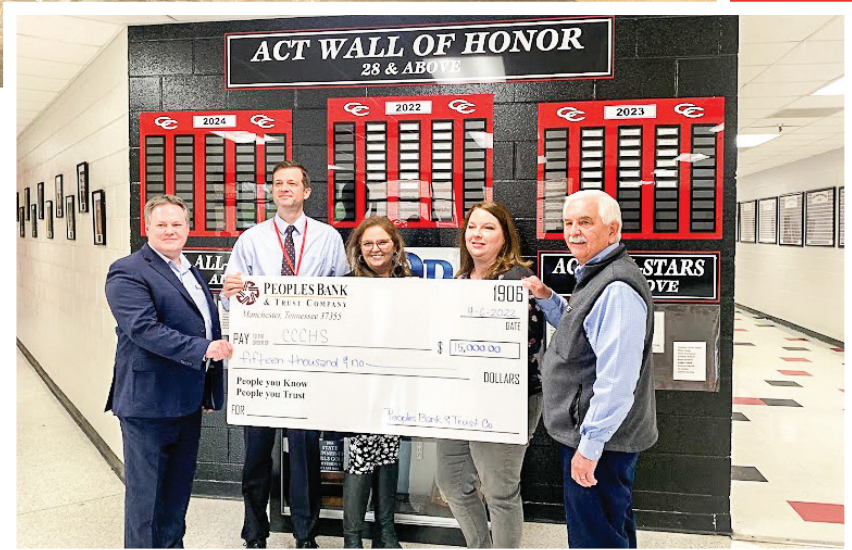


PHOTO SUBMITTED BY ROB CLUTTER

“Our auditorium is utilized for theater productions, music productions, large school meetings, and even community events from time to time. Over the years, the theater has become worn and dated.”

– Principal Paul Parsley

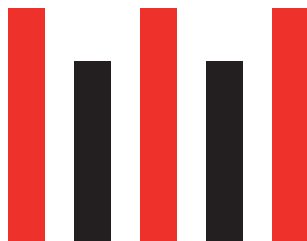




possible by a combination of local and federal Elementary and Secondary School Emergency Relief (ESSER) funds. However, when President Phillip Calahan of Peoples Bank and Trust heard the project had run out of funds and that none of the sound equipment or technology within the auditorium would be replaced, he decided that the bank would do everything they could to help.

After a few internal meetings, Peoples Bank and Trust decided to donate a \$15,000 check to cover the cost of a top-of-the-line sound system, including new speakers, a soundboard, wireless microphones, hanging choir microphones and amps, and the installation fees associated with the project. Parsley shared, “We are most thankful for People’s Bank of Manchester and their commitment to the school and our students. The financial contribution from the bank will assure a high quality of sound for our theater and music productions and meetings.”

If you were to step foot inside the auditorium today, you would see the beginning phases of the demolition. All of the old chairs and floors have been removed, leaving the space feeling empty and cold. However, new life and creativity will be flowing out of the room soon, as several contractors are working tirelessly on the various parts of the renovation. With all hands on deck the project is set to be complete by fall, just in time for the new school year. Parsley concluded, “Our school stakeholders and our arts programs in particular are excited about what the new and clean look will bring. We are all looking forward to putting the newly renovated theater to use.” **GN**



MORE THAN FIREWORKS & COOKOUTS

Independence Day's history plays a part.

By Tina Neeley



Here are fun facts to challenge your players:

DECLARATION OF INDEPENDENCE:

John Hancock's was the first and only one on July Fourth. The remaining signatures were added over time, following the Fourth of July.

The average age of the signers was 45. The youngest was 27, Thomas Lynch, Jr., and the oldest was Benjamin Franklin, at age 70.

Two signers went on to become U.S. presidents: John Adams and Thomas Jefferson. Coincidentally, Jefferson and Adams both died on July 4, 1826, within hours of each other.

The Declaration of Independence began as a letter to Britain's King George explaining why the Continental Congress desired its independence from Great Britain.

The writing took three days. It began on July 2 and was completed on July 4, 1776.

56 signatures appear on the Declaration of Independence.

FIREWORKS SHOWER the night sky in brilliant colors. Red, white, and blue punctuate the explosions. Friends and family enjoy homemade ice cream in scattered lawn chairs on freshly-mown grass while the children play nearby. As the grill and the humidity cool down, a day of celebration is wrapping itself in pyrotechnic glory, preparing for its finale. It's been good to be together again.

But Independence Day is more than a federal holiday offering an extra day off. The celebrations we enjoy are possible because of our forefathers' hard work and commitment to freedom.

We will always have much to learn from our country's journey to independence. The July Fourth holiday is the ideal time to explore its history, if only for a few minutes each year. Consider adding a history trivia game to your celebration.



ILLUSTRATION: BRIANNA BRUBAKER

PHILADELPHIA'S INDEPENDENCE HALL:

Formerly the Pennsylvania Statehouse. It was the location of the declaration's adoption.

LIBERTY BELL:

Philadelphia is the birthplace of much of America's history and is home to the Liberty Bell. Each Independence Day, the bell is tapped 13 times in honor of the original 13 American colonies.

AMERICAN FLAG:

The stars on the original American flag were placed in a circle so all of the colonies would be equally represented.

NATIONAL BIRD:

Benjamin Franklin proposed the turkey as the national bird of the United States. John Adams and Thomas Jefferson overruled him, and the bald eagle became the national bird.

Your Independence Day trivia game will grow each year with our country's rich history and today's easy access to information. Your knowledge and appreciation for your country and the freedom it affords, will grow exponentially as well. Now, that's a fun fact!

Explore America's history and find more fun facts at American-history.net. GN

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TULLAHOMA Good News

MAY 2022

The Book Shelf
is changing lives



Racing
a cheetah in
Tullahoma?

Selfless

shining a light on Tullahoma's best

Meet Gina Bumbalough, Kim McKinney, & Mike Finn

A PUBLICATION OF
EXCHANGE MEDIA GROUP

The background is a close-up of a wooden surface with a prominent grain pattern, showing various shades of brown and tan. In the bottom-left corner, there is a teal-colored geometric shape that looks like a folded piece of paper or a corner of a page.

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Good News MAGAZINE

Reuniting Wildlife

Discover more about Ziggy's Tree Wildlife Rehabilitation Center.

By Julia Eads // Photography by Ashleigh Newnes



Did you know not everything you read on the internet is true? (Gasp!) We were shocked too. With the world at our fingertips, it's become more than habit to pick up a phone, navigate to a search engine, and pretend to be our own gods and experts while sifting through tidbits of information. Thus, when a complex problem or unknown circumstance arises, most of us resort to Dr. Google or Professor Bing almost immediately. Local songbird rehabilitator, LouAnn Partington, is imploring our community to do no such thing when it comes to helping injured, sick, or orphaned animals and birds.

Partington has been active in wildlife rehabilitation work for over 30 years. For the last decade, her work has been exclusive to the Middle Tennessee area working as a volunteer for Ziggy's Tree Wildlife Rehabilita-

tion Center. Partington shared about the abundance of misinformation on the internet. This information almost always directly contradicts how one should care for wildlife. Mishandling wildlife can potentially cause more harm, if not death. This summons the question: What should a general public member do after finding a wild bird or animal that appears to be orphaned or injured?

Then, depending upon your answer is where Ziggy's comes into play. If you do believe you have come across wildlife in need of assistance, licensed wildlife professionals are here to help, free of charge.

Ziggy's Tree Wildlife Rehabilitation Center was founded in 2005 by Angela Hensley. It originated due to an immediate need for wildlife care, conservation, and education within the Middle Tennessee area.





Ziggy's currently operates out of three facilities: a mammal facility in Lascassas, an avian facility in northern Franklin County, and a reptile and amphibian facility in Murfreesboro. Each facility is run solely by volunteers. There are no paid employees on Ziggy's staff, regardless of how full-time the work has become.

Volunteers including Hensley, Partington, and Rachel Singer work around the clock to care for and rehabilitate roughly a thou-

sand wild animals each year. This small but mighty team provides ongoing care, seven days a week, 52 weeks a year. Partington, who specializes in birds, divulged that her phone line alone rings about 25-45 times a day. While she does not see every bird called about, she, at minimum, offers guidance to each caller regarding safe and appropriate forms of care. When Partington isn't on the phone, she does feedings for young fledglings from sun up to sun down, like a

mother selflessly tending to her newborn child. When asked what keeps her going with the thankless work before her, she shared, "I love seeing others become human ambassadors for wildlife. Because if they have an experience like the reuniting [of] a wildlife family, they remember it. Even over the phone, it's heartwarming when someone says, 'I did what you told me to do, and I just saw the Mom or the Dad at the nest feeding the babies.'"

Ziggy's is licensed by the Tennessee Wildlife Resources Agency and the U.S. Fish & Wildlife Service. The 501(c)3 nonprofit is also a member of the National Wildlife Rehabilitators Association and the International Wildlife Rehabilitation Council. They receive no government funding and operate entirely from private donations. If you would like to support the mission, head to ziggystree.org/support-us for information on the many ways you can give. All donations are tax-deductible. GN





According to our licensed local professionals, "The first step is to observe closely. If you can answer "yes" to any of the following questions, then the animal may need assistance:

1. Does it have an obvious injury showing bleeding, puncture wounds, or exposed bone?
2. If a bird, does it remain on the ground when the others leave?
3. Is it a nocturnal animal that is out during the day?
4. Is it a baby bird (no fur/no feathers) out of the nest, and the nest cannot be located?
5. Is it entangled in litter or fishing line?
6. Is it trapped and unable to escape?
7. Has a cat or a dog attacked it?
8. Does the animal attempt to escape?
9. Is it an adult animal that is easily captured?"

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JUNETEENTH



ILLUSTRATION: BRIANNA BRUBAKER

OUR NEWEST NATIONAL HOLIDAY

FREEDOM RINGS A LITTLE LOUDER ON JUNE NINETEENTH.

By Julia Eads

“FREEDOM” enters the chatroom and immediately it’s all barbecued meat and who’s got the biggest bang of a firework show. While Independence Day is our nation’s designated time to pause and celebrate freedom and independence from Great Britain, the day is not all-encompassing by any means. Freedom remained a lofty and painful longing for African Americans. Liberty was a far cry from reality, day in and day out.

Imagine waking up each morning achy and sore. Physical, mental, and emotional exhaustion weighs heavily on your entire being, even during sleep. You would spend your day tilling a land you would never own, even if you had the money. With each pickaxe swing, you buried another seed of hope deep within the cold, hard ground. Independence and freedom was for white men.

Not every seed of hope withered. Some seeds took root and grew into an army of human rights leaders. Scattered throughout many different spheres of influence, these powerful leaders primarily held positions within the political and military arenas. President Abraham Lincoln stood out among them. Lincoln knew slavery, in any form or fashion, could not and should not be justified. Therefore, he issued the Emancipation Proclamation on January 1, 1863. This proclamation established that all enslaved people “shall be then, thenceforward, and forever free.” (History.com, December 2009). As foundational as signing this document was, in reality, the Emancipation Proclamation did not immediately free enslaved people.

Many enslavers held out on sharing this news until harvest time was over. Many more chose not to communicate the information of liberty with those enslaved to them and instead picked

up and snuck away to Texas, as it was viewed as a safe zone for continued enslavement. It’s no surprise that even two years after the Emancipation Proclamation had been signed into effect, hundreds of thousands of people still lived in bondage.

However, on June 19, 1865, federal troops were sent to Galveston, Texas, to take control of the state and help ensure that all of those who were enslaved would be set free. According to archives found in the Texas State Library, Union Major-General Gordon Granger read General Order No. 3 to the people of Galveston on that day. It stated:

“The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of personal rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and hired labor.”

Upon hearing this decree, jubilant celebrations broke out among newly freed black people and friends. National holiday or not, the victory of Juneteenth was seared within the souls of man, that very day. The year following 1865, freed men in Texas organized the first of what became an annual celebration of “Jubilee Day” on June 19. The celebration grew larger and more prominent over the next few decades. Texas became the first state to make Juneteenth an official holiday. Then in 2021, President Joe Biden signed a bill into law, making the day a national holiday. Juneteenth honors the end of slavery in the United States and celebrates freedom for all people. **GN**

GOOD NEWS

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JULY 2022



PHOTOGRAPHY BY



ASHLEIGH NEWNES







THE DREAM MAKER

American freedoms continue the cycle of life.

by Tina Neeley

WHEN VIKTOR Makela arrived in America from Finland, the Statue of Liberty welcomed him. He brought more than a few material possessions with him; he arrived with a heart filled with dreams. Makela disembarked into a nation whose foundation promises an opportunity for prosperity and success for every individual. It was a voyage that would change history.

Viktor married Maria Luoma, also a Finnish immigrant, and had three children, one of them a son, Reino, whom they called Ray. Ray married another second-generation Finnish immigrant, Eva Pyykkönen. Their daughter, Mary Barra, who spoke at the Duke University commencement ceremony on May 8, 2022, tells more about them:

“My mom came from a large family with eight kids and grew up on a farm in the Upper Peninsula of Michigan. She grew up in the Depression, and they were very poor. My dad grew up in Minnesota, on the Iron Range, also during the Depression. He earned a Gold Star Medal and the Purple Heart while serving in World War II,

and he worked for General Motors (GM) for 39 years as a die maker. They both believed in the American dream: If you worked hard enough, got yourself an education, and believed in yourself, you could achieve anything,” Barra said.

Mary Barra took it to heart.

In 1980, while attending General Motors Institute (now Kettering University), Barra worked as a co-op student for General Motors, where she inspected hoods and fender panels on the Pontiac Grand Prix. She paid for her college tuition with the money earned from this job, graduating in 1985 with a bachelor’s degree in electrical engineering. Barra then obtained her master’s degree in business administration from the Stanford Graduate School of Business on a GM fellowship.

Barra’s work at GM continued in various administrative and engineering positions, one of which was the Detroit/Hamtramck Assembly Plant manager. She seized every professional and educational opportunity presented to her by GM. Her hard work paid off.

In 2014, Barra was named the

first female CEO of a major big-three auto manufacturer and was the most powerful woman on the Forbes list in 2017. Today she is the fourth most powerful.

Barra said in the commencement ceremony, “I’ve always been a big believer in the expression that ‘hard work beats talent if talent doesn’t work hard.’”

Barra’s management style is saturated in honesty, hard work, a genuine listening ear, and all-inclusive policies, offering every employee the opportunity to pursue their dreams.

Life, liberty, and the pursuit of happiness undergird our freedom. It’s a freedom that began with the founding of our country and still remains, 246 years from the signing of the declaration. It has been bought at a price. It is a privilege that continues to be possible through the ongoing service and sacrifice of others.

This freedom allows independent spirits to pursue their dreams. Inherent to their success is the desire and the means to help others pursue their dreams. It is a cycle of life in the land of the free.



THEY JUST WANT TO BE THANKED

Honest words from Beverly Lee, a retired U.S. Air Force public affairs officer.

by Julia Eads

IT'S THE year 2005. American families across the nation have spent the entire morning filling up coolers with ice and an assortment of drinks. There is a glorious spread of unhealthy snack foods on the kitchen counter, with no charcuterie board within view. In its place by the outlet is a beat-up vintage crockpot with everyone's favorite cheesy Rotel dip bubbling inside. The common areas in the house are clean, and the television is on in anticipation of the year's largest sporting event, the Super Bowl. The New England Patriots and the Philadelphia Eagles are the two lone survivors, and momentarily they will battle it out for a national championship title.

A commercial begins. On the screen, millions of people silently watch as American troops exit an airplane and make their way through the terminal. They are in full uniform and are carrying with them large rucksacks on their back. Many of these brave men and women are coming home from Iraq or Afghanistan. Beginning with one faint clap, the silence broke and unre-

strained emotion burst forth. The soft clap grows steadily with power until everyone in the airport stands on their feet, clapping and erupting into praise.

No words were spoken in the 60-second commercial. Yet, the commercial said distinctly everything Americans at home had been hoping to communicate to our military men and women. This Anheuser Busch commercial, which was later nominated for an Emmy award for an outstanding commercial, was cast by one of our very own, Beverly Lee. Lee is a retired colonel with the U.S. Air Force. During the filming of this commercial, Lee was working as a Public Affairs Officer. Her role, in essence, was to put on events, talk to the media, and tell the stories of brave men and women who have served or were serving.

Lee is now a retired colonel of the U.S. Air Force. She shared about this particular commercial, "I was on-site at Los Angeles International Airport during the filming of the commercial. The advertising agency and Anheuser Busch representatives were





stumped. They asked, ‘How do we end this? Politically, we can’t really say if we are for the war or against the war.’” What was supposed to be a simple commercial to honor American troops was slowly becoming more complicated than anyone working on it initially imagined. Lee, who was sitting in full uniform, was among the film crew and directors as they all looked over some of the video footage. Lee spoke up, “Hey, I am a mom. The first thing you teach your children is to say “thank you.” That is all these kids want. They just want to be thanked.” Her suggestion was simple yet incredibly moving and the perfect solution. The touching commercial ended with two words appearing on the screen, “THANK YOU.”

Being a part of a production crew for a Super Bowl commercial is a remarkable experience. However, if you glance at Lee’s extensive resume and consider all that she has been involved in or accomplished, you could see where she might consider working on the commercial as “just another day at the office.” With a resume reading more like a chapter book, it’s no surprise Lee’s passion in life is to “take action” and encourage others to do the same.

Growing up in Tullahoma, Lee got her ambition honestly. She shared, “It was a very, very vibrant time out at Arnold Air Force Base, because of the space race. They built the University of Tennessee Space Institute (UTSI) when I was a young girl. When I was 13 or 14, I got to meet Neil Armstrong. A lot was happening. Being around UTSI and the base drove my desire and need to contribute and be a part of something bigger than myself.” To say the least, Lee’s young heart and mind were inspired by all the amazing people in this community who were very dedicated to our nation’s freedom and liberty. Her father and five uncles are included in this group of people who had served in the military and inspired her.

Thus, Lee began her military career going through Reserve Officers Training Corps at Memphis State University. After college Lee was commissioned into the Airforce as a Second Lieutenant where she started her military career as an intelligence officer. She expressed, “The role gave me a lot of training and background knowledge on who the threats were and what our own capabilities were. I enjoyed briefing and debriefing pilots, playing a small part in the mission of maintaining air superiority. In this role, I grasped what the Airforce was all about.” Lee shared that she had a lot of special assignments as an intelligence officer.

As Lee got off of active duty after five years and went into the reserves, she transferred to become a public affairs officer, following in her father’s footsteps. Her father was a public affairs officer at Arnold Airforce Base for over 30 years. After having so many friends and family members serve in the Vietnam War, she decided she wanted to tell the stories of all the brave men and women she rubbed shoulders with.

“I was director of public affairs at Eglin Air Force Base during Desert Storm. After September 11, I deployed to U.S. Forces Japan and worked for Major General Frank

Bolden, an astronaut, Marine, and the 12th Administrator of the National Aeronautics and Space Administration during the Obama administration. Later, I was reassigned to the Pentagon at the beginning of Operation Iraqi Freedom where we were tasked to embed over 800 national and international media with our units... the world watched everything unfold.”

A quote from C.S. Lewis resided at the forefront of Lee’s memory many times during her time working in public affairs. The quote reads, “Since it is so likely that [children] will meet cruel enemies, let them at least have heard of brave knights and heroic courage. Otherwise, you are making their destiny not brighter, but darker.” Lee used these words as a guidepost. She wanted “to tell people’s stories so that others would know that they, too, have the courage to do what it takes to make our nation great and free. No more succumbing to the weakness in us, but becoming stronger.”

It’s fitting for Lee to have been in public affairs because Lee has bolstered everyone else at every opportunity she had, to speak of herself. Lee shared that a staggering 5,000 veterans live in our very community. Warriors like Thomas Guinn, who will be 103 years old in June. “Thomas stormed the beaches at Normandy. He was in the Korean War. He was injured about 20 times, captured twice, and escaped from captivity from the Koreans twice.” After a short pause, Lee said, “Those are the true heroes.”

While Lee would like to shy away from any praise or glory, we see her (as well as each and every person who has served this great country) with a long flowing cape adorning their backside and blowing into the wind. You are not only our heroes, but our superheroes.

*Thank you,
Your free and independent
American neighbors.*

GOOD NEWS



JULY 2022



PRAYERS FROM SEA

Local man serves as United States Navy Chaplain aboard the USS Porter.

by Julia Eads

AT THE beginning of this year, Russian President Vladimir Putin decided to “carry out a special military operation.”⁽¹⁾ In January, news channels all around the world flashed the same satellite images across screens. The images showed at least 100,000 Russian troops and military equipment piling up along the border of Ukraine. After being put in the hot seat and questioned about Russia’s actions, Putin claimed he had no invasion plans. A few short weeks later Putin demanded the North Atlantic Treaty Organization (NATO), an intergovernmental organization built on alliances, to stop expanding. Putin also demanded NATO pull back its borders to where they were in 1997. The response from NATO allies was negative.

If you are up to date with current news, you likely heard or watched the horror that took place as Ukraine civilians were

being displaced from their homes and communities, practically overnight. Bombings began on February 24, 2022, when Putin announced he was launching an assault. The assault was a full-scale invasion of Ukraine. Bombs were going off like fireworks on a celebration day. Except this was no celebration. It was a nightmare. Immediately, out of basic empathy and humanistic hospitality, neighboring countries opened their borders to help those fleeing Ukraine. NATO activated its response unit for the first time in history, and the United States also responded by sending troops both on land and by sea to NATO countries bordering Ukraine.

Milo Curtis, a United States Navy Chaplain, was one of those who answered the call to go. Currently, he is aboard Navy Destroyer USS Porter in the Mediterranean Sea. He and a little over 300 enlisted sailors and naval officers

are out patrolling the European waters. As the navy destroyer ship navigates waters near the war-torn land, Curtis is solely responsible for shepherding the 300+ people’s fears, worries, and emotions onboard. As you can imagine, the pressure he feels is enormous.

Most people healthily deal with stress by going for a run or going for a drive. Maybe even playing a round of golf. However, that is simply not an option for Curtis and his fellow crewmates. Without many tangible and physical ways to deal with pressures and stressors, Curtis has practiced setting his gaze far beyond himself and his circumstances. Instead, he has set his mind on higher things and has the significant role of leading others to do the same. Each evening like clockwork, a subtle crackling is heard over the ship’s 1MC PA system, followed by a heartfelt prayer from Curtis’ mouth.



CURTIS PRAYED THE FOLLOWING PRAYER
ON THE CREW'S FIRST NIGHT OUT AT SEA:

*“Let us pray. Lord a week ago we did not
anticipate being on this ship and out at sea
embracing the mission that has been laid out for us.
But this is not a surprise to you.*

*And because you weren't surprised by this,
you have prepared us in ways we may not have
anticipated. You have established within us the
qualities, gifts, and talents needed to do our job
with excellence and to do it in a way that builds our
team and fortifies our resolve.*

*So I pray for my shipmates and our families back
home. I ask that as we lean forward, may you grant
wisdom in moments of decision; strength in mo-
ments of weariness; sleep in moments of restlessness,
friendship when we feel lonely; and hope when we
feel despair tempting our minds and hearts.*

*I pray this in the name of the One who has
destined us to be freedom's champion. Amen.”*



As the only chaplain on board, Curtis' voice has become honey, soothing his fellow crewmates amidst terror and uncertainty. Although it is challenging to lead amidst the utter chaos surrounding the Russian-Ukraine crisis, Curtis has confidently answered the call to serve, knowing that he was created for such a time as this and that his faith will see him through.

Milo, his wife Bethany, and their children have been stationed in Rota, Spain, for the last four years. Growing up in Moore County, Bethany is a by-product of this very community, and for that, we feel proud. The Curtis family has sacrificed their lives to serve and protect this nation. Three bedrock principles the Navy was built on are honor, courage, and commitment. ⁽²⁾ We so clearly see those values on display within the Curtis family, and we salute them for their service and sacrifices made. GN

Resources

1. <https://www.nytimes.com/2022/02/23/world/europe/ukraine-russia-invasion.html>
2. <https://www.navy.mil/About/Our-Core-Values/>

FOOD, FIRE- WORKS & FUN



Celebrate our freedom with your community.

by Tina Neeley

WE WELCOME a summer celebration more than ever, and Independence Day is the perfect time to gather for food, fun, fireworks, and flag-waving. There's an event near you, so there's no excuse for missing the colorful shows.

Check out one or more of these salutes to America →

BELL BUCKLE is hosting a night filled with magic, in a manner that would make our forefathers proud. On July 4, from 5-9:30 p.m., the city will offer music, food, fireworks, and free admission. Catch the Escape Band at the Bell Buckle Park Amphitheater. A highlight of the evening is always the recitation of the Declaration of Independence, a long-standing tradition that unites those attending and rallies a standing ovation each time.

For more information, visit bellbucklepark.info or follow Bell Buckle Park on Facebook for this and other events.



SHELBYVILLE'S annual celebration will be on July 4, in the H. V. Griffin Park. Activities begin at 5 p.m. and will include music for the evening by Utopia. There will be food trucks, arts and crafts vendors, games, free inflatables, and fireworks. *Admission is free.*



The **27TH ANNUAL SHADOW VALLEY GOSPEL MUSIC FESTIVAL** will be held July 7-9. A who's who of gospel music fills the weekend. The Kingsman, Gold City, the Chuck Wagon Gang, the Inspirations, Bradley Walker, the Blackwood Brothers, and more will perform. The event is held rain or shine, and camping is available.

For more information, see shadowvalley-productions.com or follow the festival's Facebook page. Shadow Valley is located at 54 Warden Road (off Highway 231-N), Fayetteville.



SEWANEE will celebrate July 3 and July 4 with their Hot Diggity All-American Dogs festival on University Ave.

For full details, visit sewanee4thofjuly.org.



MANCHESTER will celebrate from 7-9 p.m. with fireworks, food trucks, fun, free admission, and musical entertainment by The Spazmatics. The event is held at Rotary Park on July 4 and is hosted by the Manchester Parks and Recreation. Bring a blanket or lawn chairs.

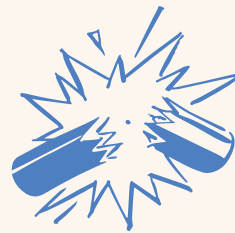
See Manchester Parks and Recreation on Facebook or cityofmanchestertn.com for more details.

In the **WINCHESTER** area, Twin Creeks Development will host the annual Fourth of July fireworks show on Saturday, July 2, from 8:49-10 p.m. Winchester City Park is noted as an excellent viewing point. See winchester-tn.com for complete details.



The 2022 TULLAHOMA REGIONAL INDEPENDENCE DAY CELEBRATION

will be on July 3 at Frazier McEwen Park/Grider Stadium from 3-10 p.m. Vinyl Radio will perform from 5-7 p.m., followed by Six Wire from 7:30-9 p.m. Fireworks from 9-9:20 p.m., and Six Wire will wrap up the event through 10 p.m.



FAYETTEVILLE will celebrate with fireworks on June 25 at Don Davidson Park. Gates open at 6 p.m. *More information can be found on the City of Fayetteville TN Parks & Recreation page on Facebook.* **GN**



Tullahoma is full of hometown heroes like Beverly Lee and Milo Curtis. You may not know it, but you cross paths with them every day.

Good News Magazine thanks you for making Tullahoma a better place.

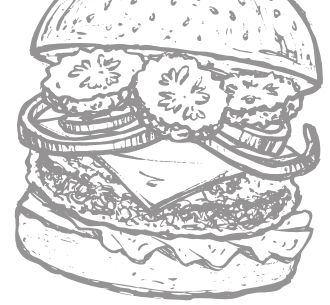


ON THE GRILL: COOKING UP THE GOOD STUFF

Fresh and flavorful meals
to kickstart the summer!

By Julia Eads

H MMM AAAHH. It smells like the weekend. Those grilled pineapple burgers will be lip-smacking, mouth-watering, and juicy down to the last bite. However, what lies on the grill is much more than your family's next meal. The instant you start up the grill, and that sweet nostalgic smell begins to drift through the air, you start doing much more than simple food preparation. When that grill cranked on, you, my friend, switched into the entertainment and hospitality industry as you just began serving up some of the sweetest memories. So, grillmasters, as you take position over your grills this summer, take a moment to look up above the smoke and steam. Take it all in because this is the good stuff. Ah, and the food shouldn't be too shabby either! Just follow the recipes.



GRILLED PINEAPPLE BURGERS

Submitted by Pam Adcock

Ingredients

- 2 lbs. lean ground beef
- 1 can (15 ¼ oz.) sliced pineapple, drained
- 1/4 c. packed brown sugar
- 3 T. Zesty Italian salad dressing
- 1/8 t. pepper
- 8 slices bacon
- 3/4 c. barbecue sauce
- 1/4 c. honey
- 1 T. lemon juice
- 1 T. salt

Directions:

In a large bowl, mix ground beef, salad dressing, and salt and pepper. Shape into 8 patties, 3 inches in diameter. Press a pineapple slice into each patty. Wrap each patty with bacon, using a wooden pick. In a small bowl, mix barbecue sauce, brown sugar, honey, and lemon juice. Place patties in a glass or plastic 13x9x2 dish. Pour barbecue mixture on patties. Cover and refrigerate for at least 2 hours. Grill patties, pineapple sides down, 4 inches from hot coals, for 12-15 minutes. Turn; brush with barbecue mixture. Grill for 10-15 minutes. Heat remaining barbecue mixture; serve with patties. Yield: 8 servings.

BEANS AND WIENERS WAIKIKI

Submitted by Debbie Dunn

Ingredients

- 1 can pineapple rings (20 oz.), drain and reserve juice
- 1/3 c. green pepper, coarsely chopped
- 1/4 c. onion, chopped
- 1 pkg. wieners, cut into chunks
- 2 T. margarine
- 2 T. vinegar
- 1 T. soy sauce
- 1/3 c. ketchup
- 1/3 c. brown sugar, finely packed
- 1 can pork & beans (31 oz.)
- 1 can Chow Mein® noodles

Directions:

Cut pineapple into chunks, reserving a few rings for garnish. In a large skillet, sauté the green pepper, onion, pineapple, and wieners with margarine. Simmer for 5 minutes. Add reserved pineapple juice, vinegar, soy sauce, ketchup and brown sugar, heating until bubbly. Pour pork and beans into a baking dish; add pineapple mixture. Stir gently to blend. Place reserved pineapple rings on top to garnish. Bake at 350° for 30 minutes. Serve with Chow Mein® noodles. Yield: 6 servings.



HOMEMADE VANILLA ICE CREAM

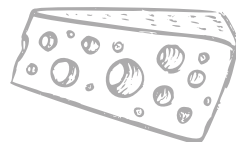
Submitted by Emma Hardin

Ingredients

- 3 T. flour
- 2 1/5 c. sugar
- 3/4 t. salt
- 6 c. milk
- 6 egg yolks
- 6 t. vanilla
- 6 c. cream

Directions

Mix flour, sugar and salt in a bowl. Stir mixture into milk in a saucepan, and cook over boiling water until slightly thickened. Cover and cook for 10 minutes more. Stir a little hot milk into eggs and then into milk. Cook 5 minutes more, until mixture coats the spoon. Chill. Add vanilla and cream. Freeze in ice cream freezer. Yield: 1 gallon. GN





ADOBE STOCK

FAITH

Freedom on fire

A country road paved with freedom leads to love.

By Julia Eads

WHEN I was a young buck, I decided if there was a rule, I was going to break it. There have been many distinct times in my life when I have felt suffocated by others' control, expectations, or rules. Unfortunately, my feisty nature would have me push away those limits every chance I got. If you listen closely, you can hear the sighs of my poor parents.

What about you? Have you ever found yourself frantic, craving and grasping for independence or freedom? Ripping out of the driveway only to look up and find yourself running on empty at dangerously high speeds along the highway to hell. Looking out the window to the right, is a road sign. It dashes by. It looked like it said, "Last exit before toll." ...If this sounds all too familiar, hang on. Ride shotgun with me for a few minutes.

As more fine lines have settled on my face, I've come to realize that freedom doesn't necessarily mean pushing the pedal to the floorboard. Going way too fast with little regard is not the equivalent of "living your best life." In my personal experience, living like that has equated more realistically to living a fast life.

The Oxford Languages dictionary defines freedom as, "the power or right to act, speak, or think as one wants without hindrance or restraint." Notice, that freedom is not defined as simply acting without restraint. Rather freedom is defined as the power to choose, act, think, speak, etc.

Unfortunately, I am much more of a "live and learn" type of person, although I am working on learning and then living. Over the years, I have had my fair share of spinning out of control. Trainwreck or car wreck, whichever you want to call it— I have been in the ditch, on the side of the road, wrecked, feeling utterly hopeless. I have felt stuck in a cycle of making wrong turns over and over again as if my power steering went out. Fortunately, each time my wrong turn caused my world to catch on fire, I learned to do things differently. Or at the very least, I learned that I had the powerful freedom to do things differently.

Galatians 5:13 reads, "For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature.

Instead, use your freedom to serve one another in love."

After many years of my freedom on fire, I discovered that most limitations were not put in place to keep me from fun, enjoyment, and living life to the fullest. Instead, I realized that laws, rules, and commands were put in place to protect me and keep me from harm. But more importantly, how to love better. In many ways, I found that scripture is a road map to truly living life to the fullest and not a long list of do's and don'ts. **-GN**

TAKE A PIT STOP:

How are you using your freedom of choice?

Where are you headed?

*Or, are you on the side of the road
in need of a tow?*

*There is nothing wrong with
slowing down to rethink your drive.*

Here are a few destinations that might help you get started on your journey: (Romans 10:9-13, John 10:10, 1 John 1:9-10, 1 Corinthians 10:13)

GOOD TIMES

“There’s nothing to do in a small town.” We hear it often, but is it true? There are Good Times every weekend in Tullahoma. It doesn’t matter if it’s a s’more at a bonfire, a lazy day with a book by the window, or exploring the town with the people you love most—there is something to do.

ALL WE HAVE TO DO IS SAY YES.

PHOTO BY ASHLEIGH NEWNES





Celebrating those who impact

Annual event recognizes women who make a difference.

By Kali Bates // Photography by Brooke Snyder

THE ANNUAL Women Impacting the Community event was held on May 17, at the Lakewood Golf and Country Club. Hosted by the Tullahoma Area Chamber of Commerce (TACC), the event celebrated the success and accomplishments of women, in four categories that included business, education, community service, and lifetime achievement. Over 140 were in attendance, that included members of the community along with this year's nominees and past recipients.

After Chamber President Elizabeth Banks spoke, TACC Executive Director Hope Nunley took the podium and spoke about the tremendous response the event had from the community.

"We had a record number of nominations. Forty-four nominations came in. We are here to honor and celebrate everyone," she said.

James Fuller with SmartBank, the event's sponsor, also spoke of his admiration for the females in his life that included his mother and wife.

Tullahoma City Schools superintendent, Dr. Catherine Stephens, served as the keynote speaker and spoke about the "impact" each person can have on themselves and the community.

Each of the 12 finalists were announced, with Nunley reading excerpts from each finalist's submitted nomination.

Finalists included Beverly Lee, Charlotte Elliott, Cindy Watson, Coleen Saunders, Jenny Anthony, Joanna Reynolds, Kathryn Hopkins, Lori Welch, Mary Mealer, Monica Blank-Beasley, Rosie Graham, and Tina Rose.

The recipient for the business category was Mary Mealer. Mealer has worked for the Tullahoma Utilities Authority (TUA) for the last 42 years where she serves as vice president of administration and chief financial officer of TUA.





In the category of community service, Coleen Saunders was chosen as the recipient. Saunders has been involved with the arts movement at South Jackson Civic Center for over 40 years, where she currently serves as the operations president. Aside from South Jackson, Saunders has also been actively involved in the General Federation of Women's Club, Centennial Woman's Club, Shady Grove Garden Club, Tullahoma Fine Arts Center, and the Arts Council of Tullahoma.

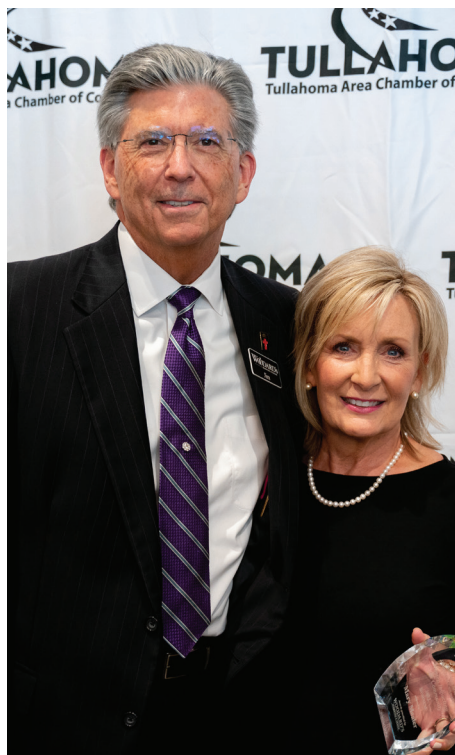
Receiving this year's award for impact in education was Gina Bumbalough.

Bumbalough is the coordinated school health director for Tullahoma City Schools. She has devoted her heart, mind, and valuable skills to students, teachers, and entire school community. She has worked to integrate physical, emotional and social health into the schools. She became instrumental in writing medical curriculum for the schools and has prepared a countless number of students for careers in the healthcare field.

Finally, honor of lifetime achievement was awarded to Rosie Graham.

Graham has worked as a teacher in Tullahoma for decades while also serving on the Tullahoma City School Board. Before moving to Tullahoma, she worked with the technological corporation, IBM, in the late 1960s, where she worked with the Apollo mission programs. She has also been a staple to the art's community as an active member of the Community Playhouse that is housed in the South Jackson Civic Center.

Additional 2022 nominees included Anna DeLucenay, Ariel Kehoe, Cassie Hester, Dr. Catherine Stephens, Elaine Posanka, Elena Cawley, Holli Avans, Jennifer Moody, Jenny Anthony, Kellee Watts, Kristin Luna, Michelle Carmack, Misty Damron, Rebecca Winton, Rupa Blackwell, Tabitha Sehorn, Tori Counts, and Valerie Russell. **GN**





COMMUNITY EVENTS



Tullahoma Soap Box Derby

Photos provided by Bryan P Marlowe

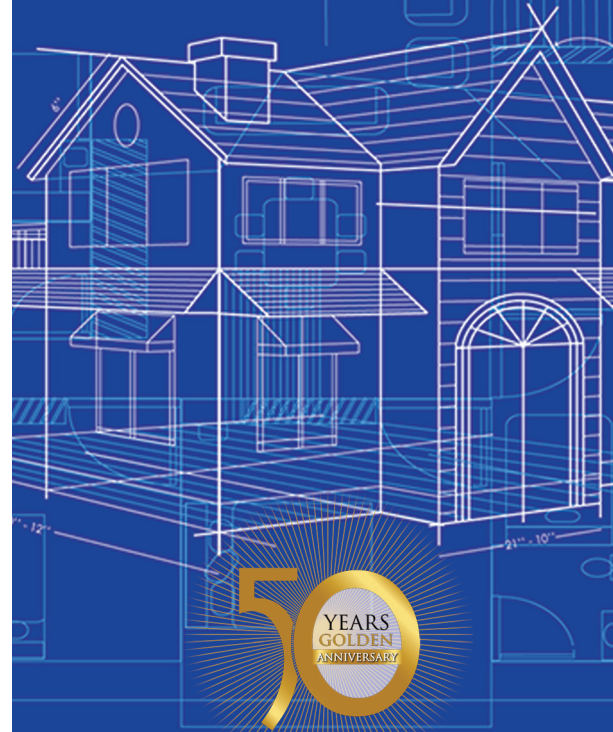
Despite being a misty morning, a loyal crowd lined the sidewalks of Lincoln Street to cheer on favorite racers at the 22nd Annual Tullahoma Soap Box Derby. The fastest racers advanced on within their respective tournament brackets until there was only one grand champion left per division. Winners are as follows: Carson Rogers in the SuperKids division, Lilah Norris in the Stock division, Levi Jones in the SuperStock division, and Payton Behrendorf in the Masters division. The event was hosted by the Tullahoma Parks and Recreation Department and took place on Saturday, May 7, 2022.





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EVENTS CALENDAR

JULY 2022

JUNE 18

7:30 am Hello I'm...Nature Hike
 Machine Falls
 Tullahoma

8:00 am Artisan Market
 Tullahoma Fine Arts Center
 401 South Jackson Street
 Tullahoma

For more info:
www.TullahomaArt.org

9:00 am RC Cola - MoonPie Festival
 8 Railroad Square
 Bellbuckle

This wacky, fun for the whole family event celebrates the South's original fast food – an ice cold RC Cola and a fresh MoonPie. Visit the downtown area to find plenty of music, cloggers, weird but fun contests, MoonPie games, and a colorful parade just to name a few of the many things that occur throughout the day.

11:00 am Diamond & Design Event
 1607 N. Jackson Street
 Tullahoma

12:00 pm Father's Day Out Fundraiser
 Daily Fun Spot
 Ledford Mill Road
 Tullahoma

Proceeds benefit the Coffee County Advocacy Center

Shattered Chains

C.D. Stamps
 Community Center
 Tullahoma

Our event will include music, vendors, guest speakers, educational content and much more.

2:00 pm Father's Day Father Daughter Tea Party
 120 N Spring Street
 Manchester

Reservations required along with non-refundable deposit.

JUNE 24

9:00 am Bridges out of Poverty Workshop

Tullahoma First Church of Nazarene
 Contact Scott Roberts at sr32401@gmail.com or (931) 307-3381 for details or to secure your place. Arrive at 8:30am to sign-in and pick up any materials needed for the class.

6:00 pm I am... Fed UP! with Fentanyl Community Meeting

Franklin County High School
 833 Bypass Road
 Winchester

JULY 1

8:00 am Faith and Courage
 Tullahoma Fine Arts Center
 401 South Jackson Street
 Tullahoma

An exhibit honoring the service and sacrifice of US Military Chaplains of WWI and WWII.

JULY 2

8:00 am Arts and Crafts Fair
705 Wilson Avenue
Tullahoma

Local Craft fair with 28+ vendors! There will be a little bit of everything from good food to home decor and lots

JULY 3

3:00 pm 2022 Tullahoma Independence Day Regional Celebration
Frazier McEwin Park
216 Big Springs Avenue
Tullahoma

5:30 pm Independence Day Celebration
Tullahoma High School
927 North Jackson Street
Tullahoma

JULY 4

5:00 pm Fourth of July Celebration & Summer Concert Series
Bell Buckle loves Independence Day and celebrates in an old fashioned, neighborly way with great music, a fabulous venue, free admission, and the biggest, brightest fireworks in the area!

JULY 8

7:00 pm Rodgers and Hammerstein's Cinderella (Enchanted Edition)
July 8-10 and July 15-17
South Jackson Civic Center
404 South Jackson Street
Tullahoma

Fridays and Saturdays 7 p.m.,
Sundays 2:30 p.m.

JULY 11

6:00 pm Vacation Bible School
July 11 - July 15
Life Change Church
414 Wilson Avenue
Tullahoma

VBS is for children in Pre-K through 5th grade. They will grow in their faith as they develop a foundation to build on for the rest of their lives! There will be games, worship, and plenty of fun. The session will be from 6:00-8:00 p.m. On Friday, we will have FAMILY NIGHT! All parents, guardians, and other family members are encouraged to join us for family night!

Be sure to register at:
www.lifechangetullahoma.churchcenter.com/registrations/events/1170474

6:30 pm Vacation Bible School
July 11 - July 15
Grace and Mercy Tabernacle Church
1002 S Atlantic Street
Tullahoma

This is our first annual vacation bible school. Times are 6:30 p.m. to 8:30 p.m. each night. We will be providing T shirts and snacks to attendees.

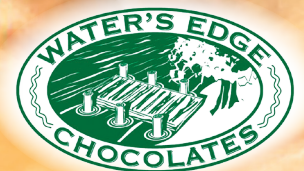
For more events visit:

www.goodnewsmags.com/tullahoma-events

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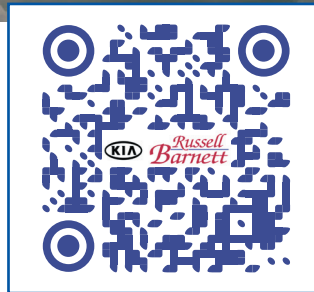
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and determination."
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